

What's on

August 2023 – Dundee City



Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in for a warm drink. Please see below for more details.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All contact details are below.

In Person Group		
Wed 2 August	Football Memories – Dundee FC Football & Social reminiscence Gardyne Campus, Dundee & Angus College	2.00pm – 3.30pm
Mon 7 August	Move it or Lose it with RVS Gentle Exercise and activities Dundee Dementia Resource Centre Morgan Street. Dundee. DD4 6QE	1.00pm – 3.00pm
Mon 14 August	Move it or Lose it with RVS Gentle Exercise and activities Dundee Dementia Resource Centre Morgan Street. Dundee. DD4 6QE	1.00pm – 3.00pm
Tue 15 August	D'café at V&A Dundee Peer Support, information and chat V&A Dundee (Lower floor), Esplanade, Dundee	2.00pm – 3.30pm
Wed 16 August	Football Memories – Dundee Utd FC Football & Social reminiscence Hegarty Suite, Tannadice Park	2.00pm – 3.30pm
Mon 21 August	Move it or Lose it with RVS Gentle Exercise and activities Dundee Dementia Resource Centre Morgan Street. Dundee. DD4 6QE	1.00pm – 3.00pm
Fri 25 August	BOOGIE - CRAIGIE Afternoon of Music, dance & fun Craigie Bowling Club Dalkeith Road, Dundee Tickets £3pp	1.30pm – 3.30pm
Mon 28 August	Move it or Lose it with RVS Gentle Exercise and activities Dundee Dementia Resource Centre Morgan Street. Dundee. DD4 6QE	1.00pm – 3.00pm
Tues 29 August	D'café at St Aidans Peer Support, information and chat St Aidans Halls, Brook Street, Broughty Ferry	10.30am – 12.00noon

In-person/Telephone/Online		
Thursdays (3/10/17/24/31 August)	<p>Comhradh – Listening Service</p> <p>Supported by a Dementia Advisor, the listening service allows anyone affected by Dementia to speak about their experiences and to gain support</p> <p>The Listening Service is available face-to-face, via telephone or online. Please contact Jeni Sinclair for more details</p>	10.00am – 12.00noon

Contact details for groups:

For information about all of the above activities and services please contact:

Jeni Sinclair – Dementia Advisor

Email: Jenisinclair@alzscot.org Tel: 07917 241024

Where there is no indication of costs for these services/activities, as a charity we welcome donations in order to continue providing support to those affected by dementia.

Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/>

